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wards his breast, so that the feet come up between the hands; the gymnast then, quitting the horse with his hands, stands upright. If he wish to seat himself sideways on the horse, he need only, instead of standing, continue to throw forward his feet, and he will be able to seat himself on the saddle; or should he still continue his leap, he will go over the horse straightforward.

SWINGING ON THE BAR.—This, though an exercise not so directly applicable to the accidents of active life as leaping, vaulting, or climbing, greatly augments the muscular power of the body, and must never be omitted in the gymnasium. Bars should therefore be erected similar to those shown in the engraving, and if possible they should be under cover from the rain and sun. The exercises on these bars are so various that we cannot be expected to describe them in detail.—On the double bars the principal ones are performed, either by raising the body on the two hands as the pupil is represented doing, or by swinging along them, or lowering and raising himself by degrees, by the strength of his arms only. On the single bar the most difficult is the seizing the bar with both hands on the same side and raising the body by pulling upward, the feet being meanwhile closed and hanging down. This exercise is very fatiguing, and, though many persons will go through it nine or ten times successively, twenty times will tire the strongest man. Hanging by the arms and legs, or by the arms or legs alone, and swinging in different ways round the bar, are the other exercises on this bar. They should, indeed, never be neglected, as they greatly facilitate the gymnast's progress in the following exercise.

CLIMBING.—The uses and advantages of this art are too evident to need any particularisation. In order to practise it in all its varieties, different kinds of stands or scaffolds have been recommended. An upright pole and a common rung ladder are to be attached to a stand formed of two strong posts, as in the engraving. The first thing for pupils to attend to in climbing is to be able to ascend and descend the ladder quickly, without fear, and carrying up with them some burden. When they can easily do this they may begin to ascend and descend the inside of the ladder; this also being accomplished, let them endeavour to descend it with their hands only. The last exercise on the ladder is to ascend it with the hands, the feet meanwhile hanging loose; this indeed, requires considerable exertion, for the whole weight of the body must not only be supported but raised by one arm only, while the other catches at the second step above the head. Climbing the rope ladder is much more difficult than is generally supposed, for, the bottom of the ladder hanging loose, a person unaccustomed to it receives no support from his feet, but rather trouble, as they fly from under him, and give his arms very strong jerks. By degrees, however, he learns to keep his feet stretched out, and thus to avail himself of their assistance. The gymnast may now begin to climb the upright pole; this is done by alternately holding on and raising the arms and legs, and requires nothing but a tight hold by the legs and a strong pull with the arms.—The other methods of climbing the ropes, &c. are better learned by practice and actual inspection than any instructions, however detailed.

Germany was the first country that attempted the revival of these ancient and manly sports. In Denmark, also, the government, intent on a plan of education, issued an order that a piece of ground should be allotted to every public school for the practice of these exercises; and in 1803, no less than sixteen of these establishments were formed in that kingdom. In 1810 a gymnasium was erected at Berlin by the Prussian government, and placed under the direction of M. Jahn, by whose exertions similar institutions have been formed in various parts of Prussia and Germany. In fact no large academy is now considered perfect in those countries which does not include a course of gymnastics in its system. Early in the spring of 1826 a meeting was held in London at the Mechanics' Theatre, Southampton Buildings, Dr. Gilchrist in the chair, to consider the practicability of establishing a London Gymnastic Society. Professor Voelker of Germany came forward and offered to give his instructions gratuitously, and another gentleman pre-

sent advanced the money for the erection of the apparatus. A society was soon formed, and they purchased a piece of ground on the higher part of Spa Fields, near Pentonville. From its elevation it is dry, and capacious enough to accommodate about three hundred gymnasts. These are arranged in classes according to their size and capacity; and the various poles, &c., are constructed of different sizes accordingly. At the ringing of a bell each class changes the exercise in which it has been previously engaged, and begins a new one, according to a plan prescribed by the director. The success of the undertaking has exceeded even the expectation of the most sanguine of the projectors.*

In Dublin there are at present two public gymnasia, the one in Grafton-street, the other in Brunswick-street, where young persons of both sexes practice at different hours, having exercises suited to their age, habits of body, &c. They are, however, on a very limited scale.

TRIAL OF COURAGE.

Early in the last century a party of jovial and rather youthful companions were assembled drinking at a tavern in London, in the neighbourhood of a church-yard. One of the set had annoyed the others by boasting of his courage in various nocturnal adventures that he related. At length, another of the party said, that he would take a bet that, brave as he said he was, he would not venture at that hour to visit the church-yard, and bring thence a skull. "Done," said the boaster; and off he went. He soon reached the place and found a skull; twelve o'clock, "the witching hour," struck as he seized it, and a hollow voice from the adjoining tomb said—"That's my father's skull!" "Let him have it then," returned the better, as he threw it from him a little alarmed, and took up another. A voice still more hollow uttered—"that is my mother's skull!" "I'll leave it for her, then," replied the person, tremulously, as he dropped it; and searched for another. As he grasped the third, the voice uttered in a stronger and more sepulchral tone—"That is my own skull!" The person held it firmly, saying—"Then you must have a race for it," and set off more alarmed, which alarm increased as he heard footsteps in rapid pursuit. Exhausted and terrified he rushed into the room at the tavern, where the party was seated, and, flinging the skull on the table, exclaimed—"There's the skull for you, but the owner's at the door." One of those who had heard the bet laid, had slipped out before the boaster, and posted himself behind the tomb, having reached the church-yard before the other arrived there. However, when his companion set off with the third skull, he became frightened, and followed him as closely as he could, fearing some spirit might seize himself.

CONJUGAL AFFECTION.

Guelph, Duke of Bavaria, and his principal followers, were besieged in the castle of Weinsberg, and having sustained great loss in a sally, they were obliged to surrender at discretion. The emperor Conrad, however, instead of using his good fortune with rigour, granted the duke and his chief officers permission to retire unmolested. But the duchess, suspecting the generosity of Conrad, with whose enmity against her husband she was well acquainted, begged that she and the other women in the castle might be allowed to come out with as much as each of them could carry, and be conducted to a place of safety. Her request was granted, and the evacuation was immediately performed; when the emperor and his army, who expected to see every lady loaded with jewels, gold, and silver, beheld, to their astonishment, the duchess and her fair companions staggering beneath the weight of their husbands. The tears ran down Conrad's cheeks; he applauded their conjugal tenderness, and an accommodation with Guelph and his adherents was the consequence of this act of female heroism.

* Compiled from the "London Encyclopædia," which contains the plainest and most practical rules we have met with on the subject of Gymnastics.